

# HITTING THE WALL

FORMER EDMONTON ESKIMO BLAKE DERMOTT AND THREE OTHER ALBERTA SPORTS GREATS JOIN THE U OF A SPORTS WALL OF FAME PAGE 4



Monday, September 24,

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# How to nab an impaired driver

**Tactics vary.** Edmonton runs far fewer Checkstops than Calgary, but catches more people drunk behind the wheel



JEREMY **NOLAIS** 

Calgary runs three times more Checkstops annually than Edmonton, but police in the capital city charge more offenders overall with impaired driving. Statistics provided by po-

lice forces in Alberta's two largest cities over the past five years suggests differ-ing approaches to fighting drunk driving.

The greatest contrast came just last year when Calgary ran 164 Checkstops, compared to Edmon-

Despite this, overall enforcement numbers show that Edmonton charged 30 per cent more people with impaired offences.

The stark contrast in tactics spurred discussion

among police and proponents of anti-impaired-driving measures about how best to combat the problem.

Edmonton police Conrad Moschansky said Checkstops in that city are held on "strategic dates." On top of that, patrol cars routinely swarm areas where there is a high density of bars or a party through a tactic described as intelligence-led policing.

"We are not going to stop all the traffic on the roadway, but we are going to conduct vehicle stops in the area," Moschansky said.

Calgary police Insp. Mi-chael Watterston, mean-while, suggested a figure more important than the number of people caught driving while impaired may be an incalculable one the number of drivers who have heeded the message and stayed off the road.

"Calgarians know this is the city that has the yearround Checkstop. Certainly, deterrence is the strongest message," he said. Talk of Checkstop levels

has entered the political arena in recent weeks, with the opposition Wildrose calling for added Checkstop enforcement as opposed to strengthened administrative penalties introduced by the ruling Tories that came into effect on Sept. 1.

Interview requests made to media representatives of Wildrose over two days in the hope of discussing the Checkstop data were not returned.

Besides Checkstops, Calgary and Edmonton each maintain year-round systems for members of the public to report suspected drunk drivers.

Jonathan Denis, the Alberta solicitor general and iustice minister, said the data on impaired-driving arrests shows Checkstops are just one piece of the puzzle and each city police force needs to determine its own effective deterrent measures.

"The way to measure success, frankly, is if there are fewer people caught drunk driving because there are fewer drunk drivers on the road and people are acting more responsibly,"
Denis said.

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# Sixth time

# XL Foods ground beef recall expanded again

The recall of ground beef from Edmonton-based producer XL Foods is be-

ing expanded yet again. The recall due to possible E. coli contamination was first announced by the Canadian Food Inspection Agency a week ago and since then has been expanded six

It affects ground beef sold by Sobeys, Foodland, IGA, and Douglas Meats stores in the Prairie provinces, as well as other stores across the country. The expansion adds many smaller grocery stores.

A complete list of affected stores and products can be found on the food inspection agency's website at www.inspection.gc.ca.

THE CANADIAN PRESS

# No charges laid

# 24-year-old killed in highway quad collision

A quad collision killed a 24-year old man north of Athabasca Sunday morning.

The accident happened just after 11:30 on Highway 813, about 30 kilometres north of Athabasca.

According to an RCMP news release, investigators determined the young man was headed southbound when he made an abrupt left turn, without looking, to cross the highway. A southbound pick-up truck collided with him.

The man was thrown from the quad and was pronounced dead on the scene. The RCMP are not laying charges in this scene. metro



# **Church fire damage** estimated to be \$1M

# 'This can't stop it.'

Morinville congregation staying resolved after building burns to the ground on Saturday



Following a service Sunday in a nearby backyard, members of the Morinville Baptist Church congregation gathered at the site of their church, which is now charred rubble after a fire Saturday morning.

"Right now we're just pumping water out of the

basement, so we can get in there and investigate," Morinville deputy fire chief Ken Thiemann said Sunday afternoon.

A cause has vet to be determined, but it is believed the blaze started in the church's kitchen, he added.

Damages are currently estimated at \$1 million.

Pastor Bill Wicks arrived on scene around 6 a.m. Saturday, and remained there while firefighters from Morinville and Legal battled the flames, and then as residents and church members came by to see what was left.

In all, he estimates he was at the church, along with a deacon, for about eight hours.

"We got to talk to many, ny people," he said. many were many questions.

One that remains is whether the church will be rebuilt, and if so, at the same location.

"Given the time of year, we would have to probably wait until spring to really do very much," said Wicks. "At this point, we're discussing what we're going to do."

Founding pastor Howard Killick, who made a speech and led a prayer at the burned site following the Sunday service, said the building may have burned down, but the church is

very much alive.

"It's a wonderful gospel
message that we have to

stop it. We just have to look a little higher.'

- A total of about 25 firefighters battled the fire Saturday morning.
- Between 40 and 50 church members gathered Sunday morning in a backyard for a service, and then at the site of the church.
- Morinville is about 35 kilometres north of Edmonton, and 20 kilometres north of St. Albert.





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metr⊕ 04 NEWS metronews.ca Monday, September 24, 2012



# Sports Wall of Fame induction 'real honour' for homegrown athlete

**U of A alumni.** Four wall of fame inductees, 36 others given Alumni Recognition Awards



When it came to thanking those who helped him win university titles in football and wrestling, as well as two CFL Grey Cups, Blake Dermott didn't know where to stop.

didn't know where to stop.

The 51-year-old former University of Alberta Golden Bear and Edmonton Eskimo was honoured over the weekend with an induction into the U of A's Sports Wall of Fame. For the Thursday night ceremony at the Winspear Centre, he was asked who he would like to invite.

vite.
"I started thinking and before I knew it, I had a list of about 75 people long," Dermott said with a laugh.

Many were teachers, coaches and teammates Dermott encountered during his career.

"When you think about how and what university does, or (how) any of those people have impacted your life, it's immense," he said. "When you're in school you start to see teachers more than sometimes you see your parents ... They really start to help you formulate who you are and what you're going to be."

One of the people Dermott invited was his former U of A football coach Dan Syrotuik, a professor who is still involved with the team.

Dermott was "a heck of an athlete" even at Bonnie Doon High School, and was heavily recruited at the post-secondary level, said Syrotuik.

"He's got a great sense of humour, he's a great family man," he added. "And he's a homegrown talent."

Follow Heather McIntyre on Twitter @Metro Mac

## **Career notes**

- Dermott played with the U of A Golden Bears football team from 1979-82, winning both a conference and national championship.
- He joined the CFL's Edmonton Eskimos in 1983, playing in five championship games and winning two Grey Cups before retiring in 1996 after 14 seasons.
- He also wrestled with the U of A from 1982-84, and won gold at the CIS Wrestling Championships.
- Dermott worked as a substitute teacher during the off-season after he graduated, and now works for Cowan Graphics Inc.





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# Fundraiser. Run shows big heart for Alberta institute

About 550 people came out Sunday to run, walk or bike in the 2012 Edmonton Heartbeat Run, supporting the Mazankowski Alberta Heart Institute.

Dr. Robert Welsh, who founded the event, said it was a great turnout and he expected the run would raise at least \$17,000. "We are starting to get this momentum where it is going to the next level." Welsh said the money supports a range of activities at the institute, including research and clinical work. RYAN TUMILITY/METRO



**NEWS** 

# **Politics.** Alberta Party not ready to call it quits

The Alberta Party will remain a political party after failing to win any seats in the provincial election back in April.

In a vote at the party's annual general meeting in Calgary on Saturday, two-thirds of respondents said the party should continue as a registered political party as opposed to folding.

The present-day Alberta

The present-day Alberta Party was formed two years prior to the 2012 election, Munsey added.

## Quoted

"The majority has spoken and their message is that this is a movement worth continuing."

metronews.ca Monday, September 24, 2012

Alberta Party president Will Munsey

Former party president Glenn Taylor announced his resignation over the summer, which became official on Saturday, wereo

# AIDS walk raises more than \$112,000 for local programs

# **HIV Edmonton.**

MP the top fundraiser in annual event

# RYAN TUMILTY

TUMILIY

Walkers helped give city AIDS organizations a big boost Sunday, with hundreds out to support the annual fundraising event held at Churchill Square.

Organizer Laure Keegan said the \$112,000 raised allows HIV Edmonton to be flexible when programs or needs come up that fall outside of the grants they receive.

"That gives us money that we can put into creative and innovative programs," she said.

"It allows us to say yes instead of no." AIDS has gradually moved from being a fatal illness to a chronic one, but Keegan said people shouldn't be passive, and they would like to see more people get tested.

"It may not be the '80s, but we don't have a cure and people are still getting infected, so people do have to get tested."

Edmonton-Centre MP Laurie Hawn took part Sunday, and was the top fundraiser as he has been for several years.

Hawn brought in a little more than \$6,000, according to organizers, and said he focuses on the AIDS walk because it can be overlooked.

"I make a special effort for this one because it doesn't get the attention that some of the other ones do."

Hawn said the disease is also still misunderstood and better education is necessary.



Keyboardist Conrad Leibel, with the band Fringe, plays for the crowd in Churchill Square Sunday during the Aids Walk for Life. The walk raised

# Worldwide disease

"There is still stigma attached. People still look at this as a disease of the LGBT community and it is not; it is a worldwide disease that affects everyone."

Edmonton-Centre MP Laurie Hawn

# 50th anniversary

# NDP must win in prairies to win government: Ashton

As the Alberta NDP gathered in Edmonton this weekend to celebrate its 50th anniversary, their federal counterparts highlighted the importance of the prairie provinces if the party is going to win the next



MP Niki Ashton RYAN TUMILTY/ME

election.

In a talk Sunday, MP Niki Ashton said the prairies, where the party currently has just three seats, will be essential if the party wants to win the next election.

"Victory in 2015 means victory on the prairies," she said. "Western Canada is the battleground where we have to be braver, more courageous and more connected to the local reality."

Ashton said the party can build on recent success in provincial campaigns.

Alberta NDP Leader Brian Mason said the provincial party is ready to help its federal counterparts, and that increasingly the NDP is an option for Albertans.

"In the last few elections, federally the NDP has been the clear alternative to the Tories," he said.

"In most seats in the province, we run second to the Tories."

RYAN TUMILTY/METRO

# Clement had 'ghostwriter' for Twitter town hall

Twitter table. Treasury Board president also had two subject matter experts, two communications staff and a moderator

Tony Clement may be king of social media in political circles on Parliament Hill, but he didn't get to be mayor of his own Twitter town hall.

During an online chat on the subject of open government, the Treasury Board president, who is a prolific tweeter, had a ghostwriter doing most of the work for him.

Last December's town hall made federal political history as the first online chat hosted by a cabinet minister using the microblogging service

the microblogging service.
Clement is regularly ranked among Parliament Hill's top tweeters and lauded by social media watchers as having a natural touch with



the technology. But when it came to formally engaging with Canadians, bureaucracy ground his freewheeling ways to a stop.

An analysis on the town hall obtained by The Canadian Press under Access to Information legislation highlights the struggle facing MPs seeking to use social media tools in a world of tightly con-

trolled communications.

The two 45-minute chats — one in English, one in French — took more than a month to organize.

Three dry runs were held ahead of the main event, with staff even creating bogus Twitter accounts in order to practise using the service.

practise using the service.

More than 40 stock responses were drafted so they could be quickly copied and pasted to reply to questions, while a ghostwriter was engaged to get Clement's responses out faster.

"I should point out too that the minister did take to the keyboard himself for a few responses — he does like to get hands-on sometimes," Sean Osmar, a spokesman for Clement, said in an email.

The chat didn't happen over the government's standard Internet connections.

Staff used mobile Internet technology in order to bypass any possible network filters, according to the report.

THE CANADIAN PRESS



# Women in Nepal mark atonement day

A Nepalese devotee takes a holy dip with the help of a friend in the Bagmati River during Rishi Panchami, a purifying and atonement day for women, in Katmandu, Nepal. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

# Cat mistakenly euthanized

A Massachusetts woman says her cat went to the veterinarian for a flea bath and was mistakenly euthanized instead.

Colleen Conlon of Gardner is grieving the loss of 8-year-old Lady, whose death she attributes to negligence by the vet, Muhammad Malik.

Her son took Lady to an animal hospital last week and unknowingly authorized the cat to be put to sleep after he says he was handed the wrong forms. He says he learned of the mix-up when he returned with a second cat and the vet asked whether he wanted to keep the bodies.

Conlon has filed a complaint with the attorney general.

Malik's lawyer tells the Telegram & Gazette that people should wait to hear all the facts before passing judgment and that he expects more information to come out. The Associated Press





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# Dead man walking, and it's all so familiar

Re-scheduled. Death row inmate who had final-hour reprieves before prepares for third trip to execution chamber door

What Cleve Foster remembers most about his recent brushes with death is the steel door, the last one condemned Texas inmates typically walk through before their execution.

You can't take your eyes off

that door," he says.

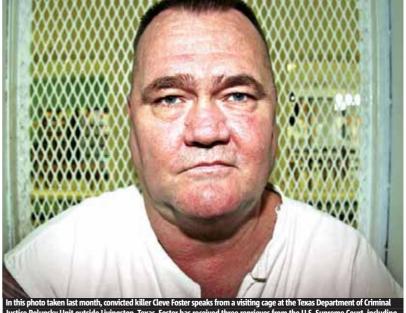
Foster has had three previous reprieves but twice over the past year and a half he has come within moments of being escorted through the door, only to be told the U.S. Supreme Court had halted his scheduled punishment.

On Tuesday, Foster, 48, is scheduled for yet another trip to the death house for participating in the abduction and slaying of a 30-year-old Sudanese woman, Nyaneur Pal, a decade ago near Fort Worth.

The last 485 condemned Texas prisoners have died by lethal injection; the first 361, from 1924 through 1964, from the electric chair.

On execution day, the condemned inmate waits, usually for about four hours, in a tiny cell a few steps from the steel door to the death chamber.

Foster, a former Army recruiter known to his death row colleagues as "Sarge," denies his role in the murder. Prosecutors say DNA ties him to the killing and that he gave contradictory stories when questioned about



Justice Polunsky Unit outside Livingston, Texas. Foster has received three reprieves from the U.S. Supreme Court, inclustive last vear when he was within hours of execution. He is scheduled to die on Tuesday, Michael GRACZYK/THE ASSOCIATED

Pal's death. "I did not do it," he insisted recently from a tiny visiting cage outside death row.

Appeals again were pending in the courts, focusing on what his lawyers argued was poor legal help both at his 2004 trial in Fort Worth and by attorneys early in the appeals process. Similar appeals resulted in the three previous reprieves the courts subsequently have lifted, but his lawyers argue his case should get another look.

During his first trip to the death house in January 2011, Foster was served a final meal. He'd asked for several items, including chicken.

- "It tasted so good. It actually had seasoning on it," he said.
- Two hours later, he received the reprieve.
- Since then, inmates no longer get to make a final meal request.

metronews.ca Monday, September 24, 2012

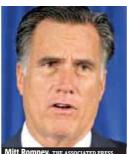
Procedures were changed after a state lawmaker complained that condemned inmates were taking advantage of the opportunity and that murder victims never get that chance.

# Romney's swing steps. U.S. presidential hopeful tours battleground states

Republican challenger Mitt Romney, slipping in the polls in critical battleground states, opened an intense campaign focus in three of them Sunday with a rally in Colorado, before heading to Ohio for a three-day bus tour and ending with a stop in Virginia. U.S. President

Barack Obama, who was not campaigning Sunday, won all three of those states in the 2008 election that swept him into the White House.

With about six weeks remaining before the Nov. 6 election, the handful of so-called swing or battleground states appear likely to determine the outcome of what has been an extremely close contest between Obama and Romney. Those states become even more critical to the Republican



candidate as recent polling shows Obama opening a lead in many of them.

While most states reliably vote for the candidate of one party or the other, swing states like Colorado, Ohio, Virginia and five others are seen as toss-UDS. THE ASSOCIATED PRESS

# Farmers vs. landowners

# Rights lawyer gunned down

A leading human rights lawyer who represented several Honduran agrarian groups in disputes with large landowners was killed by gunmen on Sunday, a land rights organization said. Antonio Trejo Cabrera, 41, was shot five times while attending a wedding in the capital, Tegucigalpa, the Peasant Movement of the Valley of Bajo Aguan said in a statement.

Trejo was a lawyer from three peasant co-operatives in the Bajo Aguan, a fertile farming area plagued by violent conflicts between agrarian organizations and land owners. More than 60 people have been killed in such disputes over the past two years.

THE ASSOCIATED PRESS

# Not out for long

# Teens break out of detention centre

Six teenage boys escaped from a juvenile detention centre in Washington state after knocking out a female staff member, but all were captured a few hours later early Sunday in nearby woods, authorities

The King County Sheriff's department said it received word of the escape at about 11:30 p.m. Saturday from Echo Glen Children's Center in Snoqualmie, about 40 kilometres east of Seattle.

"They basically attacked the staff member, knocked her out, took her keys and fled," spokeswoman Sgt. Cindi West said. The teens left the woman unconscious and locked in a room at the facility, she said. THE ASSOCIATED PRESS



# New citizenship rules put some children born abroad in a bind

**Frustration.** Ontario native looks to England for citizenship for son after Ottawa changes regulations

Paul Compton is at his wits'

The Ontario native has spent nearly three years trying to obtain Canadian citizenship for his younger son with little success and now feels abandoned by his country.

After multiple appeals to politicians and much wrangling with public servants, the

# Quoted

"Who are these undeserving citizens?... This is all based on a hypothetical problem."

Audrey Macklin, University of Toronto law professor

42-year-old is now applying for British citizenship in an attempt to establish a sense of security for his child. But he feels like he's giving up a part of his Canadian identity in the process.

"I don't know what else to do at this point, I've hit a wall," he told The Canadian Press.

Compton is among an un-

known number of Canadians caught in a web of regulatory changes made to the Citizenship Act in 2009. His problems stem from

His problems stem from the fact that he was born in Scotland — while his Canadian parents were in university — and his second son was also born abroad, four months after the government imposed a first-generation limit on citizenship by descent for those born outside the country.

That meant Compton's

That meant Compton's first son, who was born abroad before the regulations changed, is a Canadian, but his younger child, three-year-old Mateo. is not.

THE CANADIAN PRESS

# Giant panda dies

Washington, D.C.

The giant panda cub born a week ago at the National Zoo in Washington died Sunday morning.

The cause of death has yet to be determined, zoo officials said.

THE ASSOCIATED PRES

Cookstown, Ont.

# Loose bull put down

Police say a bull spotted running loose around fields near a major highway north of Toronto was put down Sunday after escaping from a nearby stockyard.

# Sky's the limit? Report alleges northern nurses used medical flights to shop

Staff at a remote First Nations nursing station arranged expensive emergency medical flights — on the federal government's dime — to go grocery shopping in a more populated community, a newly released document alleges.

A special report by Health Canada investigators sets out troubling allegations about the conduct of staff at the Poplar Hill nursing station in northern Ontario, and about a small airline from which the Canada Revenue Agency is still trying to recover a sizable amount of money. The RCMP has also been asked to step in.

The claims are brought to light as part of a months-long investigation by The Canadian Press into allegations of wrong-doing by service providers of the federal government's health plan for aboriginals.

The Non-Insured Health Benefits program provides health-benefit coverage to eligible First Nations people and Inuit when they are not insured by private or provincial plans. The NIHB program also covers travel costs when aboriginals need medical treatment but cannot receive it in their home communities.

THE CANADIAN PRESS





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# Protesters clash with Greek police at prophet-film rally

**Unrest.** Demonstrations also take place in Iran, Pakistan over depictions of Muhammad

Greek riot police used tear gas and pepper spray to disperse Muslim protesters who clashed with officers on Sunday during a rally against a film produced in the U.S. that denigrates Islam's Prophet Muhammad. No injuries were reported.

A general strike in Bangladesh shut down schools, transportation and businesses, while a few hundred people peacefully marched in Pakistan. Iranian students burned flags in Tehran to protest the recent publication of lewd caricatures of Muhammad by a French satirical weekly.

In Athens, six people were detained during the demonstration at a central square, police said. About 600 people attended the rally, which fea-



The amateurish film has sparked violent protests throughout the Muslim world for nearly two weeks.

The violence linked to protests over the film has resulted in the deaths of at least 49 people, including the U.S. ambassador to Libya.

Security breach probed

# Office room broken into while Germany's Merkel held talks

German police say someone broke into a hotel room that was used as an office of the chancellor's conservative party while Angela Merkel was holding talks in the same building.

Police spokeswoman Antje Roeper said Sunday nothing appears to have been stolen and no explosives were found.

Sives were found.

She said Merkel and other party leaders were holding an internal two-day conference near the town of Neuruppin north of Berlin when the incident was discovered Sept. 17. Merkel, the Christian Democrats' chairwoman, was in a meeting on a different floor of the boutique hotel.

THE ASSOCIATED PRESS



tured heated speeches but was mostly peaceful.

The crowd then wanted to march to the U.S. Embassy, which is about three kilometres away from Omonia Square. Some tried to break through police lines several times, but riot officers pushed them back.

The violence occurred at the end of the rally, when small groups of protesters threw objects at police. Three cars were damaged and three storefronts smashed.

Banners were displayed in English, denouncing the film and called on the U.S. to hang the filmmaker. One told President Barack Obama "we are all with Osama," referring to Osama bin Laden, the al-Qaida leader who was killed in a U.S. raid in Pakistan in May 2011. THE ASSOCIATED PRESS

# Nuclear tensions. Iran warns of attacks on U.S. bases if war with Israel breaks out

A senior commander in Iran's powerful Revolutionary Guard warned that Iran will target U.S. bases in the region in the event of war with Israel, raising the prospect of a broader conflict that would force other countries to get involved, Iranian state television reported on Sunday.

The comments by Gen. Amir Ali Hajizadeh, who heads the Guard's aerospace division, came amid tension over Iran's nuclear program and Israel's suggestion that it might unilaterally strike Iranian nuclear facilities to scuttle what the United States and its allies believe are efforts to build a bomb. Tehran says its nuclear program is for peaceful purposes.

Hajizadeh said no Israeli attack can happen without the support of its most important ally, the United States, making all U.S. military bases a legitim-

# Quoted

"There will be no neutral country in the region ... To us, these bases are equal to U.S. soil."

Gen. Amir Ali Hajizadeh, a senior commander in Iran's Revolutionary Guard

ate target

"For this reason, we will enter a confrontation with both parties and will definitely be at war with American bases should a war break out," Hajizadeh said in remarks that were posted on the website of Iran's state Al-Alam TV. U.S. facilities in Bahrain, Qatar and Afghanistan would be targeted, he said.

The U.S. Fifth fleet is based in Bahrain and the U.S. has a heavy military presence in Afghanistan. The ASSOCIATED PRESS

# Canadian among missing after avalanche

**Nepal.** At least nine climbers killed in Himalayan mountain disaster

Officials say at least nine people are dead and several others missing, including a Canadian, after an avalanche hit climbers on a high Himalayan peak in Nepal today.

Many of the climbers were

French or German but the U.K.based The Telegraph website reported that one of the missing people is Canadian.

Dipendra Paude of Nepal's tourism ministry, which controls all international climbing expeditions, told The Telegraph the dead climbers were from Spain Germany and Nepal

Spain, Germany and Nepal.

Chrystiane Roy, spokeswoman for the Department of Foreign Affairs, could not confirm that a Canadian was among those missing, but said

officials have been in contact with authorities in Nepal. "Our thoughts are with the victims (and their families) of this avalanche," Roy said.

Police official Basanta Bahadur Kuwar said the bodies of a Nepalese guide and a German man were recovered and that seven other bodies had been spotted on Mount Manaslu. Ten climbers survived, many were flown to hospitals. Officials are investigating the cause of the avalanche. THE ASSOCIATED PRESS

# On the mountain

- The avalanche hit the climbers at a camp at 7,000 metres.
- 231 climbers and guides were on the mountain.
- Weather conditions are unpredictable at this time of year during Nepal's autumn season.



In this photo provided by Nepalese airline Simrik Air, an injured victim of an avalanche is rescued at the base camp of Mount Manaslu in northern Nepal on Sunday. The avalanche swept away climbers Sunday, leaving at least nine dead and six others missing, officials said.

# Work hazard. Coal-mine accidents trap 17 miners underground in China

Chinese state media say two coal-mine accidents have trapped 17 people underground.

The official Xinhua News Agency says a fire broke out Sunday in a mine in northeast Heilongjiang province, trapping 11. Two other people working in the mine were lifted out.

Xinhua says the mine's operating licence had expired three weeks earlier and the county government is blaming illegal production for the accident.

Another mine in the same province was flooded on Saturday, trapping six miners.

Rescue efforts are underway.

China has the world's deadliest coal-mining industry. Safety improvements have reduced deaths in recent years, but safety rules are often ignored and accidents are still common.

THE ASSOCIATED PRESS



In this photo released by China's Xinhua News Agency, miners enter the Jiayi Coal Mine in Jidong County of Jixi City, in northeast China's Heilongjiang province, on Sunday. Six people were trapped in the mine after it was flooded early Saturday. Xinhua Said. XINHUA/XIAO INBIAO/THE ASSOCIATED PRESS

# Assam state

# Flood in India leaves some dead, others missing

A flash flood triggered by torrential rain has killed at least nine construction workers and left 15 others missing and feared dead in India's remote northeast.

Karma Zyatso, chief secretary of Sikkim state, says the workers, who lived in camps, were swept away by the swirling waters of a flooded river Friday in Chungthan, a small town in the mountainous region.

Zyatso said Sunday that authorities had recovered nine bodies and were searching for 15 others. He also said helicopters dropped food to nearly 10,000 people living in villages cut off due to damage to the main highway.

THE ASSOCIATED PRESS

# Territory dispute

# China cancels events with Japan

China has cancelled events to commemorate 40 years of diplomatic relations with Japan, further signalling its anger over a simmering territorial dispute.

Japanese Foreign Ministry official Hiroaki Sakamoto confirmed the cancellation of events, planned for Thursday. China's Xinhua News Agency, citing officials with the China-Japan Friendship Association and another government-affiliated group, reported Sunday that the events would not take place. Calls to China's Foreign Ministry were not answered Sunday.

Relations have sunk to their worst level as the two sides spar over islands in the East China Sea claimed by both countries and by Taiwan. THE ASSOCIATED PRESS

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metronews.ca Monday, September 24, 2012

# iPhone 5. Most U.S. stores sell out during first weekend

It was possible to walk into a U.S. store on the weekend and buy an iPhone 5, but it took some hunting. Some stores reported having Apple's newest phone available for walk-up customers, though not all versions of it. A random check of about a dozen stores indicated that most were sold out.

A Verizon store in New York City said the 32 and 64 gigabyte models, but not the 16 GB version, were available. A Sprint store in a suburb of St. Paul, Minn., said all but the most expensive 64 GB iPhone 5s were sold out. "Before we were even scheduled to open, we were pretty much out," said Eric Rayburn, a worker at a Sprint store in Phoenix, Ariz.

## Sales figure

On Monday, Apple is expected to announce early results from the iPhone
 5's first day of retail sales.

The iPhone 5 went on sale Friday, igniting explosive interest around the world. Apple's website said phones bought online would ship in three to four weeks.

It's hardly uncommon for supply shortages to make it difficult to get new iPhones in the first days of their release. For Apple, the iPhone introduction is the biggest revenue driver of the year. THE ASSOCIATED PRESS

# Gamers need not apply: New simulator puts safety first

**VIRTTEX facility.** Ford's virtual reality lab lets researchers monitor bad driving habits

Most car-themed video games challenge players to race as fast as they possibly can, and push dangerous driving to the limit without crashing.

So test subjects who step inside Ford's high-tech VIRTTEX research facility can be forgiven for wanting to stomp the gas pedal in the video gamelike driving simulator. But

most don't and try their best to stay alive.

In an effort to prevent car crashes in the real world, Ford has designed an incredibly life-like way to test drivers' skills and simulate dangerous situations that could end in death on the roads.

Within a research and development building in Dearborn, Mich., the former hometown of Henry Ford and where the automaker is headquartered, lies the VIRTTEX — short for Virtual Test Track Experiment.

Inside a seven-metrediameter domed laboratory is what appears to be a standard Ford vehicle. But a close inspection would reveal its engine and transmission have been removed and it has been equipped to tie into an elaborate virtual reality simulator.

Video screens envelope the inside of the domed structure, giving test subjects a simulated 360-degree view of a driving environment. Peeking at all the mirrors reveals accurate views of what you'd expect to see while driving.

Once the simulation has begun, the VIRTTEX structure

A test driver goes behind the wheel of Ford's VIRTTEX, a safety simulator that analyzes drivers' skills and reactions to dangerous situations on the road. FORD CANADIAN FRESS

can move up to three metres side to side or front to back, and two metres vertically, to simulate the motion and feel of actually driving. The steering wheel realistically rumbles serving all the speeders pretty quickly. The other of are programm of actually driving. The steering wheel realistically rumbles 10 miles per h

just right and sound is pumped into the vehicle to replicate engine and road noise. The wheel and pedals are just as responsive as in any car. Before long, drivers get

Before long, drivers get lost in the virtual world and feel like they're really driving down a long, open road. And then researchers can start observing all their bad habits. The speeders get identified pretty quickly.

The other cars on the road "are programmed to go five to 10 miles per hour (eight to 16 km/h) faster than you, so we quickly find out what kind of driver people are," says Ford's Mike Blommer.

"If they want to keep up with traffic ... those drivers keep speeding up and the next thing you know you're going 80 to 85 miles per hour (almost 140 km/h)." THE CANADIAN PRESS

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# CITY HAS A 'GOLDEN' OPPORTUNITY



URBAN COMPASS Terence Harding edmonton@metronews.co The City of Edmonton has made a commitment to ensuring that the city is senior friendly.

If you are in your 20s or 30s, that announcement would probably have produced a great

big yawn on your part. But if you have aging parents or grandparents, you might want to pay close attention to what the city promises and what the city actually delivers.

Age is nature's way of levelling the socio-economic playing field. We are all going to get old and we are all going to experience the challenges that come when one's body is no longer functioning at its highest level. Even more challenging is the fact that one in 11 of us will be diagnosed with Alzheimer's disease at age 65.

Right now, one in five of us is over the age of 65 and this number is only going to grow as the baby boomer bulge

# Baby boomer bulge

There are some small things the city can do right now to make sure anyone who is in their "golden" years remains a vital part of the community. works its way toward retirement age. The city will no doubt do a number of things to make sure that seniors are able to stay in Edmonton. Housing and transportation are likely to be major issues. But there are some small things the city can do right now to make sure anyone who is in their "golden" years remains a vital part of the community.

One thing the city can do

One thing the city can do is determine if traffic lights are long enough so those with reduced mobility can actually make it through an intersection without putting themselves at risk. I am a pretty brisk walker, but getting across the street can sometimes be a challenge. Goodness knows what it would be like if I had to use a walker.

Another thing the city can do is to make sure that every crosswalk is marked as a no-passing zone with stiff fines for changing lanes because someone has stopped. I don't know how often I have felt like I was luring some older person to their death by stopping at a crosswalk.

One of the first signs that time is not on your side is realizing that you can no longer read street signs easily. The street signs in this city are just too small to be seen at a distance. This results in people either driving too slowly or deciding to make turns at the last minute.

I applaud the city for this initiative. I can only hope it lives up to its promise.

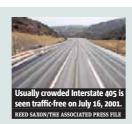
# Shutting down the freeway

# L.A. hopes to head off a-car-polypse one more time

'Carmageddon II' — the sequel — is coming to one of the most crowded U.S. freeways, and authorities are hoping its subtitle won't be 'The Traffic Strikes Back.'

Transportation officials say what they would like to see during the last weekend of September is a rerun of last year's two-day closure, when hundreds of thousands of motorists dodged doomsday predictions by staying away until the busy, 16-kilometre stretch of Interstate 405 reopened.

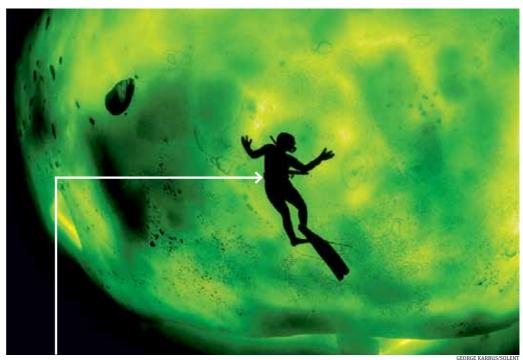
It was one of the lightest freeway traffic weekends anyone in Los Angeles could remember.



Hopes are high that next weekend will have the same happy result, as businesses and residents prepare to avoid the roadway that must close again so work can be

completed on a bridge.
At Ronald Reagan UCLA
Medical Center, just outside
the Carmageddon Zone,
officials plan to house as
many as 300 doctors, nurses
and other staff members in
dorms at nearby hotels so
nobody will have trouble
getting to work.
THE ASSOCIATED PRESS

# **Alien world in the Arctic abyss**



Underwater photo

# Otherworldly shot of northern lights

It's the northern lights, but like you've never seen before.

This shot by photographer George Karbus shows a diver's silhouette against the backdrop of aurora borealis, seen through a thick sheet of ice in the cold waters of the Arctic Circle.

"Cold, beauty, adventure" — the three words that encapsulate his image, Karbus said, adding his biggest ambition is, "to capture beauties of our fragile world and show everyone the real treasures of life." METRO

Q & A

# 'Just too beautiful'

Photographer George Karbus, 33, from Lahinch, County Clare, Ireland, talks to Metro.

Where did you take this image? The White Sea in Russia, inside the Arctic Circle. It took two days by train to get to the spot by the White Sea. My girlfriend Kate Hamsikova and I set out with a guide on a snowmobile. We went diving after cutting through ice about one metre thick. One dive I noticed that Kate was upside down just under the ice pretty far from the hole we cut out, playing with little hubbles. I daye

down for about eight metres to get this beautiful perspective of ice formation with Kate's silbouette

Part of me wanted to enjoy the lights without taking photographs, but it was too hard to resist. It was just too beautiful.

# What was the biggest challenge for you?

The cold water at around -2 C. Also, for the picture we dove without any rope lines. Normally when you're diving you need a rope so that you know where to return to, so it can be quite dangerous without it.



# Photo in detail

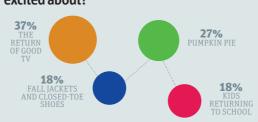
**VOICES** 

- Equipment used. Karbus wore a 7 mm freediving wet suit and used a Nikon D700 with a fisheye lens inside a Subal underwater housing device.
- Water fan. "I love the ocean and like to be there every day," said Karbus, who lives in Lahinch on the Atlantic coast. "I like to use my physical abilities and get with my camera in extreme angles to photograph big marine creatures."



Register at metropolitanpanel.ca and take the quick poll

# It's officially fall — what are you most excited about?



Iwitter

**@OrganoEnergy:**Alright #yeg it's time to finally leave you, enroute #yyc #Home-

**@fusedlogic:**I intend to ride the w

I intend to ride the wheels off my Nighthawk today. #yeg #shpk

@KimKellyMD:

Cavalia. Not sure what to expect but intrigued. #yeg

@EmilyRiddle:

Sitting in Remedy drinking chai and writing a paper on Sunday afternoon. Somethings never change. #yeq

@annibananii:

It's amazing how cheap and untrustworthy some people can be at a garage sale #yeq

@Macgyyver:

Snow geese or cranes just flew overhead #yeg heading SE!!!
Beautiful

metr⊕

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14 SCENE metronews.ca Monday, September 24, 201

# TV stars sizzle on the Emmy red carpet

**Ceremony.** Louis C.K. wins award for best comedy writing; Modern Family racks up awards for supporting actors, director in a comedy

Sofia Vergara ramped up the sizzle Sunday night on the Emmy Awards red carpet that already had TV's biggest stars talking about just how hot they were because of the sweltering temperatures in Los Angeles.

Vergara wore a tealcoloured gown by Zuhair Murad with beads all over and a cutout reverse halter neckline.

On the web

For more red carpet

list of Emmy-award winners, scan the

above or go to

She helped fuel the trend toward bright, bold colour that was also worn by pregnant Claire Danes in strapless daffodil-yellow Lanvin, Julianne Moore in a long-sleeved stretchy gown and Nicole Kidman in a blue-on-white-beaded gown. All brought bona fide fashion credibility to the Nokia Theatre, but they weren't necessarily the favourites.

Zooey Deschanel had a manicure with little TV sets on her thumbnails — perhaps the kind of thing "E!" had in mind for its manicam that had stars walking their fingers down a tiny red carpet.







Celebrities build their fashion reputations largely from the red carpet, designer Monique Lhuillier said, and they'll influence trends for colour, silhouette and embellishments.

Lhuillier said Emmy gowns were already in the works this month when she presented her most recent catwalk collection — one in which she declared "the ballgown is gone." Instead, she focused her full-length dresses in mermaid and other sleeker hemlines.

Not everyone watching TV will need a gown in the coming weeks or months, but when they do, they'll often turn to the brands they hear about at the Emmys, Oscars or Grammys, Lhuillier said. "That's what a red carp e t

Danes

Danes

Won best
actress in
a drama
series for
Homeland.

THE ASSOCIATED
PRESS

for best supporting actress on Modern Family. Modern

Family also won best dir-

ecting of a comedy series,

while Julia Louis-Dreyfus snagged best actress for her

work on HBO's Veep, and

Jon Cryer of Two and a Half

Men won the best male lead

series.

Tom Bergeron of Dancing

With

Stars

in a comedy

In the reality TV

category,

deemed the

best host.

Claire

the

was

d o e s for a company like mine."
As for the winners, they included Eric Stonestreet for best supporting actor on Modern Family; Louis C.K, for his writing on the comedy series Louis; and Julie Bowen,







metronews.ca Monday, September 24, 2012 SCENE 15

# New Dragon struggles not to be 'nice' guy

**David Chilton.** Author of Wealthy Barber books joins ruthless panel on CBC show

David Chilton hopes he doesn't develop a reputation as the "nice dragon."

Best known for his Wealthy Barber personal finance books, Chilton has joined the panel on CBC-TV's Dragons' Den and was seen judging business ideas for the first time in last week's season 7 premiere.

He prides himself on being "the

He prides himself on being "the nice guy" in real life but quickly found that being politely uncritical about bad ideas was the wrong approach.

"Frankly, I wasn't very good at that — my first week I tried to stay positive and encouraging," said Chilton.

"And (fellow dragon Arlene Dickinson) pulled me aside and said, 'Look, I think it's great you're trying to be a nice guy but in some instances people are putting too much time and too much money into a business that has no potential."

business that has no potential."

So Chilton braced himself to act a little tougher. Even the "nicer" dragons like Dickinson or Jim Treliving have been known to get a little nasty when pushed by an eager but deluded entrepreneur.

And yet he was also coached not to act too tough and to avoid creating a persona for himself, since producers insisted he not "try to be something you're not."

"For the most part I was myself. But early on I was thinking a little bit too much and I found the ad-



justment to 'being myself' was not easy," he says.

A longtime fan of Dragons' Den, Chilton says he was relieved to find that the dragons were acting naturally during pitches and the filming of the show wasn't as staged as he feared.

"One concern I had was when I got to be a part of things would I find the behind-the-scenes to be a little fake," he says.

"And maybe it is orchestrated a little bit but it's been quite the opposite. There's no rehearsing, there's no scripting, people walk down the stairs and off you go."

Without offering too much about the rest of the season, Chilton says he was impressed by many of the pitches and viewers will see him invest a lot of \_\_\_\_ money.

© UP © EDMONTON WITH MURAL

"I've written cheques for hundreds of thousands of dollars so I've

been very proactively involved," he says. "I came in with an open chequebook and said I would get involved in whatever deals looked good."

As is often the case with Dragons' Den, some of the deals he makes this season won't end up going through. Chilton says he spent almost four months doing due diligence, further scrutinizing businesses before finalizing his investments, and in some

cases the deal fell apart.
In a "surprising" number of cases, it was the business owners that turned down the dragons' offers.
"We had a number of pitchers

Watch it

Dragons' Den airs Wednesdays on CBC-TV at 8 p.m. ET and Sundays at 9 p.m. ET

change their minds. Sometimes, yes, some just wanted the exposure (of being on TV) but sometimes life interferes. Some people have a marital challenge or they decide not to expand and therefore don't need the capital," he says.

"In one instance, I drove too hard a bargain and the person, I think rightly so, said, 'I don't think that's a good deal for me to go forward with."

THE CANADIAN PRESS

# Phil Hartman gets star on Walk of Fame

Community groups can get up to \$2000 to paint murals with the owners permission.

For information call 780 442 5302 www.edmonton.ca/capitalcitycleanup Report Graffiti Vandalism. Call 311.

Capital City Clean Up Wiping out Graffitil

# Canada's stars

- This year's honourees also included Winnipeg guitar wizard Randy Bachman, Vancouver-based chanteuse Sarah McLachlan, Hamilton-raised CFL great Russ Jackson and Toronto ballerina Sonia Rodriquez.
- Past honourees who have claimed stars since the Walk of Fame was founded in 1998 include Gordon Lightfoot, Celine Dion, Wayne Gretzky and The Guess Who.



As a comic actor, Phil Hartman was versatile and unselfish, so adept at shining in whatever supporting role he was given that his fellow Saturday Night Live cast members nicknamed him "the Glue." He held the show together.

Hartman was rarely front and centre, but that doesn't mean the Canadian-born comedian — who died in 1998 — didn't appreciate the odd accolade and he certainly would have enjoyed being inducted into Canada's Walk of Fame, says his brother.

"I think he would have really appreciated it," said Paul Hartmann, whose brother dropped the extra "n" when he entered show business. "He loved getting his Emmy (for writing on SNL). He always would play it down — 'No no, not into it." Phil was inducted into Toronto's

Phil was inducted into Toronto's shrine at a gala on Saturday, the only posthumous honouree.

For Paul, the "long and arduous

For Paul, the "long and arduous journey" to see his brother recognized began years ago when he hopped aboard an existing online campaign by Alex Stevens, a Hartman fan from Whitby, Ont.

Along with fans around the world, they co-ordinated a social media campaign to draw attention to their online petition for Phil's induction. They also rallied for Phil in the media, issuing a press release that made the rounds online and ultimately netted Paul more than 200 interviews with radio, TV and print outlets.

But each year, the Walk of Fame only inducts one Canadian posthumously, and Phil was passed over during the first year of the campaign. And the second. (Beloved author Mordecai Richler took the prize last year, while magician Doug Henning was honoured the year before.)

This year, Paul and a team of his

brother's fans stepped up their efforts. They recruited SiriusXM satellite radio to help with the campaign, as well as a bevy of Phil's famous friends who were more than happy to help out or vote online, a group that Paul says included Rob Lowe, cast members of Kids in the Hall,

Brent Butt, and original SNL player Laraine Newman.

Paul is understandably elated now to see his efforts were successful — and it's serendipitous that the ceremony should happen to fall two days before what would have been his brother's 64th birthday.

his brother's 64th birthday.
One of eight siblings, Phil Hartman was born in Brantford, Ont. The family eventually moved to California, and Phil and Paul were roommates there years later when Hartman broke into comedy as a member of the Groundlings improv troupe in the late '70s.

The ceremony will be broadcast on Oct. 14 on Global. THE CANADIAN PRESS

# Quoted

"It was a major relief to know that I wasn't going to have to go through another year of battling it out."

**Paul Hartmann,** on the long campaign to get his brother inducted into Canada's Walk of Fame

# Snap, Share, Win.



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# Kristin Chenoweth finds her pot of gold

# Over the Rainbow.

Sometimes, working on some all-time classic show tunes is all it takes when recovering from a head injury

Stage star Kristin Chenoweth says working with the wouldbe Dorothys on CBC-TV's Over the Rainbow proved to be the perfect medicine as she recovers from a head injury.

jury.
"I have been in a healing process because I was hurt about 10 weeks ago," said Chenoweth, referring to a summer accident on the set of CBS's The Good Wife.

"What I needed was this. (For) my soul, it was like water in a desert. And I was inspired."

Chenoweth served as a guest mentor on Sunday's installment of the program, which aims to find the lead for an upcoming Mirvish pro-



tristin chenoweth (tentre) with contestants for the role of Dorothy in Over the Rainbow. Handout

duction of The Wizard of Oz.

The Emmy and Tony winner says the Dorothys didn't know she was coming and she surprised them as they were singing a number from her Broadway smash Wicked.

Many told the performer she'd been a role model for them, but Chenoweth said it was actually the contestants who inspired her.

who inspired her.

"For me, growing up it was Phantom of the Opera and Les Miz. Those were the shows that were the

Holy Grail and when I hear nine girls singing from Wicked ... that's the show that they all like and it makes me happy that I was a part of it," she said.

she said.
"To hear them singing, it really was food for the soul."

Chenoweth's accident happened in July when an overhead lighting rig struck her in the face, rendering her unconscious. She suffered a skull fracture as well as rib, neck and back injuries..





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# Singer captures melancholy on his first solo album

# Glen Hansard.

Irishman best known for Once retreats to Manhattan after breakup and comes up with a few new songs

# CHRIS LEO PALERMINO

After winning a Grammy and an Oscar, fronting two successful indie folk acts and starring in and composing the sound-track for a critically acclaimed motion picture, what else could a musician and actor possibly want to accomplish?

In Irishman Glen Hansard's case, it was recording his first solo album at the age of 43.

Rhythm and Repose, the result of Hansard's year-long stay in Manhattan, captures the

melancholy of his recent past. After breaking up with Marketa Irglova, who was part of Hansard's folk rock duo The Swell Season and co-star of Once, he retreated to the boundless confines of New York.

"I took a holiday from music, rented a place in New York because I liked the idea of being still, and New York's a great place to be still in."

He has an unusual definition of still, though. Intermingled with days of sleeping late, going to galleries and biking, he wrote some songs. Enough songs, he realized, to make a solo album.

"I didn't plan on making a solo record yet, but I was taking some time out just to look around and experience things, and the songs happened in that time of repose."

# 'Once' upon a time

Hansard was a guest on Ed-



die Vedder's solo ukulele album and opened on several of the Pearl Jam singer's tour dates, which he continues to do after his own dates this month.

"I was honoured," he says of opening for Vedder. "It was great being unknown and playing to attract new fans."



# SHARE ALERT!



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- Use it to scan the Qriket QR codes you see in Metro, and they'll automatically get shared with your friends.
- 3) The more you scan, the more you share, the more chances you have to win!







# Everyone is leaving Amanda Bynes

Things don't seem to be getting any better for Amanda Bynes. After being pulled over at the Burbank airport last week and having her car impounded, the actress has been charged with two counts of driving on a suspended license, according to TMZ.

On top of that, the

troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she'd become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion anyway.

# Hilton apologizes about gay slur

Paris Hilton is on damage control after a recording of her calling gay men "disgusting" went public last week.

Hilton insists to gay rights group GLAAD that she "always will be a huge supporter of the gay community" in a public statement.

"I am so sorry and so upset that I caused pain to my gay friends, fans and their families," she says. "I was having a private conversation with a friend of mine who is gay and our conversation was in no way towards the entire gay community."

In the chat, secretly recorded during a taxi ride



in New York, Hilton said. "Gay guys are the horniest people in the world. They're disgusting. Dude, most of them probably have AIDS

# METRO DISH



# Me Tarzan, vou gum chewer



WORD

It's all gum all the time for Kellan Lutz — with a few starring roles thrown in.

Last Wednesday, the Twilight star popped up at Helen Mills, a theatre and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD gum, a new brand of the chewy stuff that's geared to

"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD gum? the actor asked philosophic-

The collaboration between Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this

is. I'm a huge fan of the gum. I love gum," he told a group of reporters about his decision to lend his name to iD.

Dude loves gum, am I right? So much so that even when we were able to get him off message to talk about what's next for his career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of Twilight (and possibly a new flavour of gum). He continued: "It feels like a closing of a chapter but in a way it's like your last days of high school you're really looking forward to college and I'm really looking forward to that (like I'm looking forward to this piece of iD gum). It's been great having my own project now, to **(chew delicious gum** and) be the lead in Tarzan (a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort). Hopefully we can franchise that. It's going to be great (just like this piece of iD gum I'm waiting to chomp OII)." WITH ADDITIONAL REPORTI BY OLIVIA MORROW



# Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stress-ing out about it. "I'm dieting right now

because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad about it, not even for a second." While she's had a rather hectic

tour schedule, she says part of the cause may be

closer to home.
"I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."





@TheRealNimoy Senor Quinto, Dinner soon





@ZacharvQuinto

sunset between highland and crescent is really its own particular brand of crazy



@jackiejcollins Channing Tatum is good to look at



@SarahKSilverman

Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immedi-



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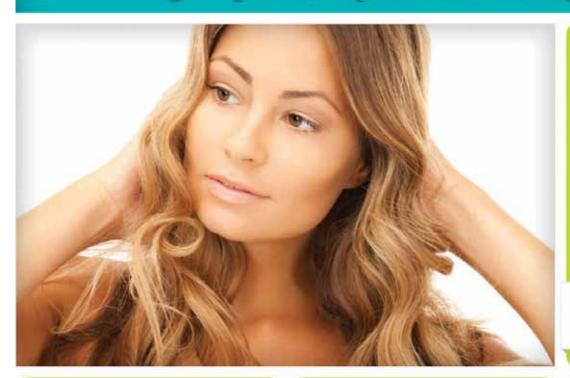
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# Looking for ways to bring more joy to life at home? Clean up



**Book.** Gretchen Rubin, author of the Happiness Project, is back with a new book. Happier at Home. The following is an excerpt from the book.

For me, fighting clutter is a never-ending battle; although I'd labored to clear clutter as part of my first happiness project, I was eager to find additional strategies to stop its insidious progress. Inspired by William Morris's rousing call to 'Have nothing in your houses that you do not know to be useful, or believe to be beautiful," I resolved to "go shelf by shelf," then drawer by drawer, then closet by closet, to consider each of our possessions.

Did one of us use it or love it? Would we replace it if it were broken or lost? If so, was it in the right place? If not, why keep it?

Years ago, I started keeping a list of my Secrets of Adulthood - the large and small lessons I'd mastered as I'd grown up. Recent additions included:

- Just because something is fun for someone else doesn't mean it's fun for me.
- It's enormously helpful, and surprisingly difficult, to grasp
- · You need new friends and old

RESTRICTED RESERVE HAPPIER

friends

- The quickest way to progress from A to B is not to work the
- It's easier to prevent pain than to squelch it (literally and figuratively).
- Where you start makes a big difference in where you end up
- The opposite of a profound truth is also true.
- A change is as good as a rest. • It's more important to say something than to say the right thing.
  • The best reading is rereading.

One of the most helpful of these Secrets of Adulthood holds that "Outer order con-tributes to inner calm." Why is this true? Perhaps it's the tangible sense of control, or the relief from visual noise, or the release from guilt. In the span of a happy life, having a messy desk or an overflowing closet is clearly trivial, and yet creating order gives a dispro-portionate boost of energy and cheer. (Of all the resolutions that I've proposed, which one do people most often men-tion that they've tried, with great success? The resolution to "Make your bed.") EXCERPTED FROM HAPPIER AT HOME. COPYRIGHT 2012 GRETCHEN RUBIN, PUBLISHED BY DOUBLEDAY CANADA, AN IMPRINT OF THE DOUBLEDAY CANADA PUBLISHING GROUP, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY AR-RANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Happier At Home is available at bookstores everywhere and Random-



metronews.ca/voices

The name game. How do you choose a baby name that's original but easy to pronounce, sophisticated but unpretentious, and would look good on the ballot for Prime Minister? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

# Before you pack up the fam and hit the road



On the web

Scan this code or visit metronews.ca/voices to find out why choosing a

baby name is one of the most stressful things about being pregnant.

IT'S ALL RELATIVE Kathy Buckworth, kathybuckworth.com

Family travel is a great way to combine fun and learning for both adults and children While no one can guarantee

your family vacation will be perfect, try to ensure you make the most of it by taking the time to plan ahead.

Make sure you mix the historic (learning) and the hysteric

· Check out the school curriculum before planning a trip and

see if there is a fit to what the kids are studying (geography, history, etc.)

- Get some appropriate age level (fiction and non-fiction) books about where you're travelling, and read them together.
- Introduce some typical foods of the country you're going to visit, prior to going, so they

seem somewhat familiar to the kids when you get there.

- Visit the websites for the tourism boards of the places you're going, and if you can, the hotels you'll be staying at.
- · Pick out a few local customs (like shoes off in Japanese households) and explain how they came about, and why they

are important to the residents of that country.

• Prepare a short quiz for the car or plane ride about where you're going to go, and afterwards, what you saw. KATHY BUCKWORTH IS AN AWARD WIN-

NING WRITER. VISIT KATHYBUCKWORTH. COM/ OR FOLLOW KATHY ON TWITTER @ KATHYBUCKWORTH



# Retire the chicken-noodle combo and give trout a taste

Several thousand years ago, people discovered that exposing fish to intense amounts of salt and smoke was a great way of preserving the catch for later.

Today, our smoking techniques are considerably more refined, and we do it more for flavour than as a means of preservation. And that makes it a shame more people don't think to reach for smoked

# Ingredients

- 2 tbsp olive oil
- · 1 clove garlic, minced
- 3 medium carrots, peeled and chopped
- 1 large yellow onion, diced
- 2 stalks celery, chopped
- 1 cup frozen peas
- 1 tbsp chopped fresh thyme
- Large sprig fresh rosemary • 6 cups (1 1/2 quarts) chicken broth
- 2 cups elbow pasta
- 2 cups baby spinach
- 2 scallions, whites and greens, chopped
- Salt and ground black pepper
- 8-oz package smoked trout

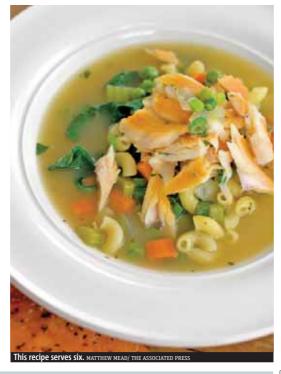
fish as an effortless way to add gobs of flavour to the foods they love.

Change that with this recipe for Smoked Trout Noodle Soup, which isn't as strange as it sounds.

Smoked trout has a meaty texture similar to chicken. And the rich, smoky flavour is the perfect match for a soup thick with noodles.

- 1. In a large saucepan over medium-high, heat the oil. Add the garlic, carrots, onion, celery, peas, thyme and rosemary. Sauté for 5 minutes.
- **2.** Add the chicken broth and bring to a simmer. Add the pasta and cook for 7 to 8 minutes, or until barely tender. Remove and discard the rosemary stem. Add the spinach and scal-lions and heat for 30 seconds. Season with salt and pepper.
- 3. Using a fork, flake and break up the trout into large bite-size chunks. Ladle the soup into serving bowls, then pile a bit of the trout in the centre of each.

THE ASSOCIATED PRESS



# **Choose it** and lose it



When burgers are loaded with cheese and bacon, you're just asking for an overload of all things unhealthy.

# Wendy's **Baconator**

1,340 calories/ 91 gm fat/ 39 g saturated fat/2,840 mg sodium You'll be lucky if you make it out of the restaurant without going into cardiac arrest after eating this burger's three patties, three cheese slices and nine bacon pieces





# Equivalent

Aside from being equivalent in fat to 10 Kobe style beef sliders from Milestones, Wendy's Baconator is also more than an entire day's worth of non-nutritional food.

# Wendy's 1/2 Pound Double

880 calories/ 49 gm fat/ 21 g saturated fat/ 1,450 mg sodium Splurge on half a pound of meat, which is close to half the calories, fat and sodium. That's still high for a meal but an improvement



# Harmonious blend of apples, potatoes & spices



A delicious mix of sweet Spartan apples, creamy sweet potatoes, savoury spices and hot chillies, this velvety soup provides much needed balance.

1. For the Soup: Preheat oven to 400 F (200 C).

2. In bowl, add sweet potatoes, apples, cinnamon, chilli pepper and oil. Season with salt and pepper and stir until well com-bined. Line baking sheet with foil. Spread potato and apple mix evenly on baking sheet and place in preheated oven. Roast 45 minutes, stirring occasionally, until apples and sweet potatoes are golden and tender.

**3.** In pot over medium-high heat, add butter and melt completely. Add chopped onions and thyme and sauté 5 min-utes or until onions are tender and lightly golden. Add roasted potato and apple mix milk and water. Decrease heat to medium: simmer 30 minutes.

4. Once simmered, remove the chilli and thyme sprigs and discard. Purée soup with a blender or hand blender until very smooth. Just before serving stir in cider vinegar and season with salt and pepper.

**5.** For the spiced walnuts: While the soup is simmering, heat a small frying pan over medium heat, add 1 tbsp (15 ml) of butter and let melt completely. Add thyme sprigs, cinnamon, cayenne, walnuts, salt and pepper. Continue to sauté for 4 to 5 minutes, stirring frequently until walnuts are golden and fragrant.

**6.** Serve soup piping hot with a garnish of warm spiced wal-DUITS. NEWS CANADA

- 10 cups (2.5 l) peeled and 1-inch (2.5 cm) cubed sweet potatoes
- 3 cups (750 ml) peeled, cored and quartered Ontario Spartan
- 1/2 tsp (2 ml) cinnamon
- 1 long red chilli pepper, left whole, ends removed 1
- 5 tbsp (75 ml) canola oil
- 1 tbsp (15 ml) salt
- 2 tsp (10 ml) black pepper • 2 tbsp (30 ml) unsalted butter
- 2 cups (5 ml) peeled and chopped onion
- 3 fresh thyme sprigs • 3 cups (750 ml) mill
- 4-1/2 cups (1.125 ml) cold
- 2 tsp (10 ml) cider vinegar Spiced walnuts
- 1 tbsp (15 ml) unsalted butter
- 2 fresh thyme sprigs
- 1/4 tsp (1 ml) ground cinnamon • 1/4 tsp (1 ml) cayenne
- 1 cup (250 ml) walnut halves
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

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Monday, September 24, 2012

# Catch customers in your wonderful web

# That's out of site!

How to make the most of your online efforts

Imagine you own a shoe store. It's in a busy shopping mall and has an inviting storefront with an attractive sign and window displays. You're almost guaranteed traffic — and probably sales, too, if you've got halfway decent products and prices.

Now picture that same

Now picture that same shoe store on an out-of-the way country road with a grimy window and a crooked sign. It doesn't matter how great your footwear is. You probably won't have enough customers to stay in business.

Now ask yourself which of those two stores most resembles your company's website. In today's business

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world, your website is your storefront. It could be the main way customers are finding you and forming an impression about you.

A properly designed site is especially important if your business is growing and you are trying to improve your profile. But many small businesses don't devote a lot of effort to optimizing their site to ensure it's easily found via internet search engines and

geared to help make sales.

# Sites need improvement

"A well-designed site can help your company compete effectively with businesses that have deeper pockets and larger marketing budgets," says Michel Bergeron, Senior Vice President, Marketing and Public Affairs at the Business Development Bank of Canada.

Ranking high in search

# The little site that could

A small, agile, creative company can be as effective online as a big company.

Mark Evans
Digital marketing and startup consultant

engine results is vital for your visibility online, Bergeron says. People rarely venture beyond the first page of a Google search result. Indeed, research indicates that websites appearing on the first page attract 90 per cent of the traffic.

Having a poorly optimized website can be a problem even if most of your sales don't happen over the Internet, says Mark Evans, a leading Canadian digital marketing and startup consultant.

## Magic tricks

Philip Murad's business website shows up on the first page out of 150 million results for the term 'magic shows.' A paid ad for Philip & Henry is the top result in a search for 'magician.'

 Murad credits years of experimentation with search engine optimization — the art of getting search engines like Google to rank your site near the top. He sprinkles his content with a few dozen keywords that describe his business and help him stand out from the competition.

"The Internet is the way most people discover new products and services."

Happily, small businesses can use simple, inexpensive tools to help level the playing field with large businesses, Evans says. "A small, agile, creative company can be as effective online as a big company."

Philip Murad has found

Philip Murad has found a way to turn his website into a gold mine for his fast-growing business, Philip & Henry, which books magic shows for a network of magicians across North America. Murad's website accounts for three-quarters of his sales, which have been growing up to 30 per cent annually for the past decade.

# Clean, simple layout

Visitors to Philip Murad's site are greeted with a clean, simple layout that's easy to navigate without a lot of scrolling or clicking. The site prominently displays links allowing them to get a price quote or book a show in their area. There's also a short YouTube video featuring happy customers, and contact information is easy to find at the top of the page.

NEWS CANADA

# **Career Bear**

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metronews.ca Monday, September 24, 2012 WORK/EDUCATION 23

# The class pet provides a lesson

# Wild and wonderful.

Foundations helping teachers pay for in-school pets that enrich the learning experience

For many children, their first pet is a virtual one.

Experts say many children who enter the first grade can play video games but few have a pet to play with. And teachers say that's a shame, considering how animals — real ones can enrich a child's up-

So for a quarter of a century, educators such as Dawn Slinger in Farmington, Minn., have paid out of their own pockets to provide one for their classrooms. Only in the past few years have groups stepped in to help with the financial burden.

Two years ago, Pets in the Classroom, a Marylandbased project from the non-profit foundation Pet Care Trust, began offering grants to U.S. and Canadian teachers in grades 1 through 8.

The money can be used to buy starter pets, cages, food and other supplies. It issued its 10,000th grant this summer.

The \$150 grants help offset the cost of the animal and its care, which helps teachers like Slinger who has been using her own money, said foundation executive director Steve King. Just an aquarium for a frog could cost more than a

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# Learning at all levels

"First, I said absolutely no. Then Wayne said, 'Come see the snakes in class.' Even Grandma came. We petted it. I never knew they were soft."

**Heidi Keating**On being asked by her son to check out

hundred dollars.

Teachers who apply for a second year or more get \$50 for additional equipment, food and supplies.
Parents tell Slinger their

Martin Deerline in South Edmonton is now Hiring Lawn & Garden Mechanic & Agriculture Mechanics Join OUR Team Today! Competitive Salary & Benefits, Stable Industry, Work for the industry leader!

children are inspired by the animals and are excited about learning, she said. Slinger said that out of a

class of children - hers last year had 26 — "maybe six will have pets at home, usually a cat or dog. Not many will have reptiles.

Since taking her class, "several students have got 10 hermit crabs or fish for their houses. One got a lizard and one is working on a snake.'

The decision over what kind of pet to get lies with the teacher. Slinger chose hers because they fascinate children, their temperaments are right and they

MARTIN DEERLINE

don't bother students with allergies or asthma, she

Concerns from parents

over disease, allergies and exposure to waste have led bans or limits on animals in some classrooms, although service animals are allowed in most schools. The Pet Care Trust leaves

it to the teachers to know their students and parents, and King said teachers and students must follow cleanliness guidelines.

first-time grants, the most popular choices for classroom pets were small mammals, like hamsters, guinea pigs, rats and rabbits, King

Among applications for

That was followed by aquarium pets, reptiles and amphibians, then birds, he

Classroom pets also have been enlightening for some families. Heidi Keating said her eight-year-old son Wayne has been begging for a snake since he was in Slinger's class last year.

"First, I said absolutely no. Then Wayne said, 'Come see the snakes in class.' Even Grandma came. We petted it. I never knew they were soft. I am a little more open at this point,"

Keating said the family wants to encourage his interest, so they took Wayne to a reptile zoo for his birthday.

"It helps me get over my fears too," she said. "I am learning. I am honest about it, and he knows I am coming along with it. His (five-year-old) sister Quincy is too. When she had her face painted, she wanted a

But until Wayne is a little older, he'll have to set-tle for the four-month-old basset hound puppy Keatings got recently.

Classroom pets also can be incentives for good grades, as when some teachers allow students to care for the animals when school is out, King said. Slinger visits her classroom pets two or three times a week during summers and vacations.

As for the animals that don't return for another school year, that's a learning moment too, King said.

"Lifespan is part of the life lesson that comes with having a classroom pet," he said. THE ASSOCIATED PRESS







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metr⊕ metronews.ca Monday, September 24, 2012 WORK/EDUCATION

# A balancing act for students

# **Practical pupils.**

Author points to a generation of scholars who feel compelled to bring in the cash

WALSH

Arthur Levine has been study-

ing the zeitgeist of college students since 1980, when he published an important study on the core beliefs and attitudes of students, When Dreams and Heroes Died.

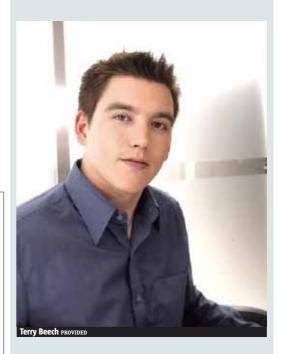
But every 10 years or so Levine is forced to start again from scratch; a new generation emerges with completely different fears, hopes and convictions. His latest, Generation on a Tightrope, co-authored with Illinois State

professor Diane R. Dean, is one of the most thorough studies of millennial students to date.

The authors surveyed more than 5,000 students and 270 student affairs officers and conducted focus groups on more than 30 campuses. For Levine, one result stands out among the piles of data: This is the most practical-minded generation he has ever studied

Levine entered the project believing 9-11 would be

a shared, defining moment for millennials, similar to the Great Depression and Vietnam for previous generations. But he quickly discovered that the advent of the Internet and the economic crash of 2009 were far more influential. "More of them feel that money is critically important than we've seen in the past. They pick majors that they think will earn them money as opposed to what they want to study," explains Levine.



Name: Terry Beech City: Vancouver Age: 31 Occupation: Co-founder and CEO of HiretheWorld



THE IN-CREDIBILITY

As the youngest elected official ever in Canada (he was a city councillor for Nanaimo, B.C. when he was 18) Beech went on to co-create HiretheWorld. The online company is a marketplace for graphic design attracting designers from 132 countries.

I knew I was on my way **when...** I started running into happy customers. I'd be driving downtown and see a restaurant storefront that was entirely designed on my site. I flew to Heathrow in London and I had my HiretheWorld shirt on. A lady ran up to me and told me that her company logo had been done on my

A large majority of our business is word of mouth. We want to grow, grow,

and grow. We want to expand internationally and I'm excited about all the other entrepreneurial opportunities out there.

# **Action Plan**

- Have an intense focus on value creation. Think about how you can make a person's life better rather than make another dollar. If you provide value to the consumer then the money will come.
- Surround yourself with amazing people who love what they do. Being an entrepreneur is hard enough and you don't need to waste your time and energy with employees who are just adequate. If you want to be a rock star surround yourself with rock stars and your odds of success will exponentially increase
- Do not develop a fear about what other people think of you because it will prevent you from taking risks. I never regret the risk that went badly but I regret the risks I didn't take because I was playing it safe.

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# NHL

# Owners, union to discuss revenue

The NHL and NHL Players' Association are set to meet for the first time in nearly two weeks, but a discussion about a new collective bargaining agreement isn't on the agenda.

Instead, the sides will discuss the accounting for last season's hockey-related revenue when they sit down together on Monday morning in Toronto.

It's the first time they've met since Sept. 12, when each side tabled a proposal. THE CANADIAN PRESS

# CFL

# Riders slow down Cornish to top **Stampeders**

Joe Lobendahn's interception of Kevin Glenn was the turning point Sunday as the Saskatchewan Roughriders survived for a 30-25 victory over the Calgary Stampeders.

Riders head coach Corey Chamblin pledged earlier in the week to make personnel changes if Calgary running back Jon Cornish, the CFL's leading rusher, ran for more than 100 yards against Saskatchewan.

His players answered the challenge, holding Cornish to 67 yards rushing and ending the Stamps' fourgame winning streak in front of a sold-out crowd of 33.427 at Mosaic Stadium. THE CANADIAN PRESS





# **Titans avoid Titanic** collapse in overtime

NFL. Detroit's frantic comeback attempt falls short in wild overtime game in Tennessee

Call this one Music City May-

The Tennessee Titans are winless no more after an unforgettable overtime victory over the Detroit Lions featuring an endless stream of big plays and some suspect officiating.

Rob Bironas kicked a 26yard field goal in overtime, and the Titans stopped backup quarterback Shaun Hill on fourth-and-1 at the Tennessee 7 to finally pull out a 44-41 win on Sunday.

- Chiefs 27. Saints 24 OT. Ryan Succop kicked six field goals, one to force overtime in the final seconds and another from 31 yards to lift Kansas City to its first win and keep New Orleans winless.
- Bills 24, Browns 14. Ryan Fitzpatrick threw three touchdown passes and

The Titans (1-2) blew a 20-9 halftime lead in a game featuring huge scoring swings. They became the first NFL team to score five touchdowns of 60 yards or longer in a single game.

Buffalo overcame the loss of running back C.J. Spiller in snapping an eight-game road losing streak in Cleveland.

Texans 31, Broncos 25. Matt Schaub outplayed Peyton Manning, throwing four touchdown passes for Houston against a confused Denver defence.

Detroit scored 18 straight points, then Tennessee answered with 21 points before the Lions scored the final 14 of regulation in a span of 18 seconds - the first team to do that since at least 1983, accord-

ing to STATS LLC.
The touchdown that forced overtime came on a tipped desperation pass after Detroit recovered an onside kick and got an assist from the replacement officials who did not review a possible turnover.

"Both of us looked at each other and said, 'We've never been through something like this in our lives,'" Titans coach Mike Munchak said of Detroit coach Jim Schwartz, a former colleague in Nashville. "It's hard to put in words what to say about that. We both could've won in so many ways."

A total of 46 points came in the fourth period. Then in overtime, Bironas' third field goal put Tennessee ahead to STAY. THE ASSOCIATED PRESS

**Mobile sports** 



has made another oncession in offering to take less money and give up top illing to entice Floyd ayweather Jr. into the ng, yet boxing's longwaited super-fight is still far from a sure thing. a sure thing.



GOOD, THE BAD, OR THE UGLY CRED

80.966.5514 or 1.866.254.4516

AMERICAN CONFERENCE

# MLB

# **AMERICAN LEAGUE**

EAST DIVISION				
	W	L	Pct	GB
New York	88	64	.579	_
Baltimore	87	65	.572	1
Tampa Bay	83	70	.542	51/2
Boston	69	85	.448	20
Toronto	66	85	.437	211/2
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	81	71	.533	_
Detroit	80	72	.526	1
Kansas City	70	82	.461	11

## 64 89 .418 17<sup>1</sup>/<sub>2</sub> 63 90 .412 18<sup>1</sup>/<sub>2</sub> Minnesota Cleveland WEST DIVISION

	W	L	Pct	G
Texas	90	62	.592	-
Oakland	86	66	.566	
Los Angeles	84	69	.549	61
Seattle	72	81	.471	18

Sunday's results Minnesota 10 Detroit 4 (1st game) Oakland 5 N.Y. Yankees 4

Boston 2 Baltimore 1
Tampa Bay 3 Toronto 0
Cleveland 15 Kansas City 4
L.A. Angels 4 Chicago White Sox 1

Texas 3 Seattle 2 Minnesota 2 Detroit 1 (2nd game)

Saturday's results
N.Y. Yankees 10 Oakland 9 (14 innings)
Baltimore 9 Boston 6 (12 innings) Detroit 8 Minnesota 0

Kansas City 5 Cleveland 3 Tampa Bay 11 **Toronto 5** L.A. Angels 4 Chicago White Sox 2 Seattle 1 Texas 0

Monday's games — All Times Eastern Toronto (H.Alvarez 9-13) at Baltimore (S.Johnson 3-0), 4:05 p.m., 1st game Kansas City (Hochevar 8-14) at Detroit (Ver-

lander 15-8), 7:05 p.m.

Toronto (R.Romero 8-14) at Baltimore
(W.Chen 12-9), 7:35 p.m., 2nd game
Oakland (Straily 2-1) at Texas (D.Holland 11-

6), 8:05 p.m. Cleveland (McAllister 5-8) at Chicago White Sox (Sale 17-7), 8:10 p.m. N.Y. Yankees (Pettitte 4-3) at Minnesota

(Hendriks 1-7), 8:10 p.m.

Tuesday's games Cleveland at Chicago White Sox, 2:10 p.m. Kansas City at Detroit, 7:05 p.m. Toronto at Baltimore, 7:05 p.m. Tampa Bay at Boston, 7:10 p.m. Oakland at Texas, 8:05 p.m. N.Y. Yankees at Minnesota, 8:10 p.m. Seattle at L.A. Angels, 10:05 p.m.

# **RAYS 3, BLUE JAYS 0**

										3-17.7011112011.						
Toronto	ab	r	h	bi	Tampa Bay	ab	r	h	bi	Toronto	IP	Н	R	ER	BB	S0
Lawrie 3b	4	0	0	0	DJnngs If	3	1	1	0	Jenkins L,0-2	5	2	1	1	1	4
Rasms cf	4	0	0	0	BUpton cf	4	1	1	1	Delabar	11-3	2	0	0	0	3
Encrnc dh	4	0	1	0	Zobrist ss	2	1	1	0	Oliver	2-3	1	0	0	0	1
Lind 1b	3	0	0	0	Longori 3b	4	0	2	2	Lyon	1-3	2	2	2	1	0
Arencii c	4	0	0	0	Scott dh	3	0	0	0	Loup	2-3	0	0	0	0	1
YEscorss	3	0	3	0	BFrncs ph-dh	1	0	0	0	Tampa Bay						
KJhnsn 2b	3	0	1	0	Koongr 2b	3	0	0	0	Hellickson W,9-10	52-3	5	0	0	2	6
Sierra rf				0	RRorts 2b				0	McGee H,17	1-3	0	0	0	0	1
Gose If		-	-	0	Jovce rf		-	-	0	Farnsworth H,7	2-3	1	0	0	0	0
C.Pena 1b				0	Joyce II		٠	-	٠	Howell H,3	1-3	0	0	0	0	0
Voqt c			0							Jo.Peralta H,35	1	0	0	0	0	1
				0						Rodney S,44-46	1	1	0	0	0	1
JMolin c	_	-	-	-	T. L. L.	30		_		HBP—by Jenkins (	De.Jenr	nings	s). W	P-H	ellick	son.
Totals	33	U	/	U	Totals		-	•	5	Umpires—Home,	Bob Da	vids	on; I	First,	Briar	1
Toronto					000 000 0	000	-	0		Gorman; Second,	Tony R	anda	770	Thir	d. Too	ld
Tampa Bay					100 000 0	)2x	-	3		Tichenor.			,		,	
DP-Toror	ito 1.	L	DE	-1	Toronto 9, Tam	ıpa B	a	<i>i</i> 6		T-3:00. A-18.98	E (24 N	701	a+ C+	- Dot	orchi	ıra
2B-Gose	(6), 1	Lo	na	ori	a (13), Jovce (	18).					) (34,0	10)	at S	ı. ret	ei SDI	119,
20 0050	(0)/				a (15)/50/cc (					Fla						

# **CFL**

**SPORTS** 

L Pct GB 60 .605 — 65 .575 4½ 76 .503 15½

60 .605 — 71 .536 10<sup>1</sup>/<sub>2</sub> 73 .520 13 77 .493 17 94 .386 33<sup>1</sup>/<sub>2</sub>

50 103 .327 421/

64 .582 — 74 .513 10½ 75 .507 11½

80 .477 16 94 .382 30<sup>1</sup>/s

13 17

88 77

69 83 66 87 .454 23 .431 26<sup>1</sup>/s

**NATIONAL LEAGUE** 

EAST DIVISION

CENTRAL DIVISION

WEST DIVISION

z-clinched playoff berth

Atlanta 2 Philadelphia 1

Milwaukee 6 Washington 2

Pittsburgh 8 Houston 1 St. Louis 6 Chicago Cubs 3

San Diego 6 San Francisco 4

L.A. Dodgers 5 Cincinnati 3

Washington 10 Milwaukee 4

Cincinnati 6 L.A. Dodgers 0

San Francisco 8 San Diego 4

Houston 4 Pittsburgh 1

Arizona 8 Colorado 7

(Mejia 0-1), 7:10 p.m.

4-5), 8:40 p.m.

Tuesday's games

St. Louis 5 Chicago Cubs 4 (10 innings)

Monday's games — All Times Eastern Milwaukee (Estrada 4-6) at Washington

(Zimmermann 11-8), 1:05 p.m. Pittsburgh (McPherson 0-1) at N.Y. Mets

Washington at Philadelphia, 7:05 p.m.

Miami at Atlanta, 7:10 p.m. Milwaukee at Cincinnati, 7:10 p.m. Pittsburgh at N.Y. Mets, 7:10 p.m.

St. Louis at Houston, 8:05 n.m.

Chicago Cubs at Colorado, 8:40 p.m.

L.A. Dodgers at San Diego, 10:05 p.m.

Arizona at San Francisco, 10:15 p.m.

HR—B.Upton (26). SB—De.Jennings (29).

St. Louis (Lynn 16-7) at Houston (Abad 0-5), 8:05 p.m.

Arizona (Cahill 12-11) at Colorado (Chatwood

Arizona 10 Colorado 7

Saturday's results

N.Y. Mets 4 Miami 3 Atlanta 8 Philadelphia 2

Sunday's results

N.Y. Mets 3 Miami 2

x-San Francisco Los Angeles

z-Washington

Atlanta Philadelphia

New York Miami

x-Cincinnati St. Louis

Milwaukee Pittsburgh

Chicago

Houston

Arizona

Colorado

San Diego

# **WEEK 13**

<b>EAST DIVIS</b>	ION									
	GP	W	L	Т	PF PA	Pt				
Montreal	12	8	4	0	332 337	16				
Toronto	12	6	6	0	288 305	12				
Hamilton	12	4	8	0	353 381	8				
Winnipeg	12	3	9	0	235 377	6				
WEST DIVISION										
	GP	W	L	Т	PF PA	Pt				
B.C.	12	9	3	0	317 222	18				

12 9 5 0 317 222 12 7 5 0 337 287 12 6 6 0 314 259 12 5 7 0 265 275 Calgary Saskatchewan Edmonton Week 13 Sunday's results Montreal 31 Toronto 10

Saskatchewan 30 Calgary 25 Saturday's result B.C. 19 Edmonton 18 Friday's result Winnipeg 34 Hamilton 12

Week 14 Friday's game — All Times Eastern Montreal at Hamilton, 7 p.m. Edmonton at Calgary, 10 p.m Saturday's games Toronto at Winnipeg, 7 p.m.

B.C. at Saskatchewan, 10 p.m.

# **ALOUETTES 31, ARGONAUTS 10**

First Quarter Mtl — TD Anderson 40 pass from Calvillo (Whyte convert) 3:56 Mtl — FG Whyte 10 10:38 Tor — FG Waters 34 14:20

Second Ouarter Mtl — TD Guy 9 pass from Calvillo (Whyte

convert) 10:26 Tor — FG Waters 36 12:39

Third Quarter
Mtl — TD Guy 129 missed FG return (Whyte convert) 4:13

– Single Waters 35 8:38 Mtl - TD Anderson 5 run (Whyte convert) 13:14

Fourth Quarter
Tor — Safety Whyte concedes 10:00
Tor — Single Waters 60 11:28 Toronto 3 3 1
Montreal 10 7 14
Attendance — 23,209 at Montreal.

# **TEAM STATISTICS**

	Tor	Mt
First downs	15	21
Yards rushing	94	124
Yards passing	228	315
Total offence	322	439
Team losses	20	6
Net offence	302	433
Passes made-tried	18-35	15-29
Return-yards	141	168
Intercepts-yards by	2-0	1-0
Fumbles-lost	1-0	1-0
Sacks by	0	2
Punts-average	8-50.0	5-43.3
Penalties-yards	12-89	9-63
Time of possession	29:58	30:02

# **INDIVIDUAL STATISTICS**

Rushing: Tor — Kackert 13-84, Owens 1-8, J.Jackson 1-2; Mtl — Anderson 17-76, Jennings 5-23, McPherson 3-13, Calvillo 1-12.

Receiving: Tor — Owens 6-87, Inman 3-65, Bradwell 3-31, Johnson 2-20, Rambo 2-12, Watt 1-10, Kackert 1-3; Mtl — London 5-118, Richardson 4-79, S.Green 2-58, Anderson 3-51,

**Passing**: Tor — Rays 3-4, 30 yards, 0 TDs, 0 ints, J.Jackson 15-31-198-0-1; Mtl - Calvillo 15-29-315-2-2.

# **GOLF**

in Huh (210), \$129,600 /4-/U-/3-//-2-/-• Westwood (205), \$128,000 72-73-76-74—295

# PGA TOUR FEDEXCUP

FINAL STANI	DINGS
	Points-Money
<ol> <li>Brandt Snedeker</li> </ol>	4,100-\$10,000,000
2. Rory McIlroy	2,827-\$3,000,000
3. Tiger Woods	2,663-\$2,000,000
4. Nick Watney	2,215-\$1,500,000
<ol><li>Phil Mickelson</li></ol>	2,073-\$1,000,000
6. Justin Rose	1,770-\$800,000
7. Louis Oosthuizen	1,635-\$700,000
8. Dustin Johnson	1,527-\$600,000
9. Luke Donald	1,275-\$550,000
10. Lee Westwood	1,205-\$500,000
11. Ryan Moore	1,105—\$300,000
12. Zach Johnson	1,073-\$290,000
13. Bubba Watson	1,005—\$280,000
14. Jason Dufner	853—\$270,000
15. Jim Furyk	790-\$250,000
16. Webb Simpson	785—\$245,000
17. Sergio Garcia	733-\$240,000
18. Matt Kuchar	707—\$235,000
19. Hunter Mahan	693—\$230,000
20. Steve Stricker	685—\$225,000
21. Keegan Bradley	655—\$220,000
22. Bo Van Pelt	647—\$215,000
23. Robert Garrigus	637—\$210,000
24. Carl Pettersson	613—\$205,000
25. Adam Scott	560-\$200,000
26. Ernie Els	510-\$195,000
27. Scott Piercy	483—\$190,000
28. Rickie Fowler	475—\$185,000

# **LPGA NAVISTAR CLASSIC** At Prattville, Ala.

Par: 72

Lorie Kane. \$3.841 ntha Richdale, \$3,444

## **PGA TOUR CHAMPIONSHIP** At Atlanta

Par 70 Final Ro

randt Snedeker (2,500), \$1,440,000	68-70-64-68-270
ustin Rose (1,500), \$864,000	66-68-68-71-273
uke Donald (875), \$468,000	71-69-67-67-274
yan Moore (875), \$468,000	69-70-65-70-274
lebb Simpson (525), \$304,000	71-68-70-66-275
ubba Watson (525), \$304,000	69-66-70-70-275
im Furyk (450), \$272,000	69-64-72-72-277
unter Mahan (413), \$248,000	68-73-71-66-278
iger Woods (413), \$248,000	66-73-67-72-278
obert Garrigus (327), \$205,760	68-69-69-73-279
ustin Johnson (327), \$205,760	69-67-73-70-279
latt Kuchar (327), \$205,760	67-69-70-73-279
ory McIlroy (327), \$205,760	69-68-68-74-279
o Van Pelt (327), \$205,760	67-68-71-73-279
ergio Garcia (273), \$167,200	69-73-71-68-281
ach Johnson (273), \$167,200	68-69-70-74-281
hil Mickelson (273), \$167,200	69-71-72-69-281
cott Piercy (273), \$167,200	67-73-71-70-281
dam Scott (260), \$156,800	68-73-70-72-283
ason Dufner (253), \$152,000	70-70-71-73-284
arl Pettersson (253), \$152,000	71-67-75-71-284
teve Stricker (245), \$147,200	67-73-73-73-286
eegan Bradley (235), \$140,800	70-73-70-74-287
ickie Fowler (235), \$140,800	71-68-72-76-287
ouis Oosthuizen (235), \$140,800	70-71-69-77-287
ohn Senden (225), \$134,400	72-68-73-75-288
rnie Els (220), \$132,800	72-75-71-71-289
ick Watney (215), \$131,200	75-74-70-74-293
nhn Huh (210) \$129 600	74-70-73-77-294

INAL STANI	DINGS
	Points—Money
Brandt Snedeker	4,100-\$10,000,000
Rory McIlroy	2,827-\$3,000,000
Tiger Woods	2,663-\$2,000,000
Nick Watney	2.215-\$1.500.000
Phil Mickelson	2,073-\$1,000,000
Justin Rose	1,770-\$800,000
Louis Oosthuizen	1,635-\$700,000
Dustin Johnson	1,527-\$600,000
Luke Donald	1,275-\$550,000
). Lee Westwood	1,205-\$500,000
. Ryan Moore	1,105-\$300,000
2. Zach Johnson	1,073-\$290,000
3. Bubba Watson	1,005-\$280,000
l. Jason Dufner	853-\$270,000
i. Jim Furyk	790-\$250,000
. Webb Simpson	785-\$245,000
'. Sergio Garcia	733-\$240,000
3. Matt Kuchar	707-\$235,000
). Hunter Mahan	693-\$230,000
). Steve Stricker	685-\$225,000
. Keegan Bradley	655-\$220,000
2. Bo Van Pelt	647-\$215,000
3. Robert Garrigus	637-\$210,000
I. Carl Pettersson	613-\$205,000
5. Adam Scott	560-\$200,000
i. Ernie Els	510-\$195,000
'. Scott Piercy	483-\$190,000
Rickie Fowler	475-\$185.000

Final	
Stacy Lewis, \$195,000	66-70-65-69-27
Lexi Thompson, \$120,962	63-69-74-66-27
Mi Jung Hur, \$70,089	68-65-72-68-27
Haeji Kang, \$70,089	70-68-67-68-27
Angela Stanford, \$70,089	67-68-68-70-27
Beatriz Recari, \$41,060	70-71-66-67-27
Sarah Jane Smith, \$41,060	69-69-68-68-27
Meena Lee, \$29,692	70-67-71-67-27
So Yeon Ryu, \$29,692	69-69-69-68-27
Also:	
Alona Sharn \$7.6/10	67-69-73-72-28

67-68-76-75-28

# NFL

## EAST Pct T 0 0 0 .667 .667 .333 .333 NY Jets 1 2 2 81 87 82 65 75 79 64 66 Buffalo New England Miami SOUTH Houston Jacksonville Tennessee Indianapolis 1.000 .333 .333 .333 17 70 113 83 57 52 67 61 NORTH Cincinnati Baltimore Pittsburgh .667 .667 .500 .000 102 67 41 75

.667 .500 .333 .000 63 52 68 27

0 0 0

## Kansas City Oakland **WEEK THREE**

Cleveland

WEST

San Diego

Denvei

Thursday's result N.Y. Giants 36 Carolina 7 Sunday's results Dallas 16 Tampa Ray 10 Chicago 23 St. Louis 6 Minnesota 24 San Francisco 13 Tennessee 44 Detroit 41, OT Kansas City 27 New Orleans 24, OT Cincinnati 38 Washington 31 N.Y. Jets 23 Miami 20, OT Buffalo 24 Cleveland 14 Jacksonville 22 Indianapolis 17 Arizona 27 Philadelphia 6 Atlanta 27 San Diego 3 Oakland 34 Pittsburgh 31

Houston 31 Denver 25 Baltimore 31 New England 30 Monday's Game — All Times Eastern Green Bay at Seattle, 8:30 p.m

# NATIONAL CONFERENCE

EAST						
Dallas Philadelphia N.Y. Giants Washington	W 2 2 2 1	1 1 1 2	<b>T</b> 0 0 0	Pct .667 .667 .667 .333	<b>PF</b> 47 47 94 99	54 66 69 101
SOUTH						
Atlanta Tampa Bay Carolina New Orleans	3 1 1 0	0 2 2 3	0 0 0	1.000 .333 .333 .000	94 60 52 83	48 67 79 102
NORTH						
Minnesota Chicago Green Bay Detroit	2 2 1 1	1 1 1 2	0 0 0	.667 .667 .500 .333	70 74 45 87	59 50 40 94
WEST						
Arizona San Francisco Seattle St. Louis	3 2 1 1	0 1 1 2	0 0 0	1.000 .667 .500	67 70 43 60	40 65 27 78

# **WEEK FOUR**

Thursday, Sep. 27 — All Times Eastern Cleveland at Baltimore, 8:20 p.m. Sunday, Sep. 30 Tennessee at Houston, 1 n m

San Diego at Kansas City, 1 p.m. Seattle at St. Louis, 1 p.m. New England at Buffalo, 1 p.m. Minnesota at Detroit, 1 p.m. Carolina at Atlanta, 1 p.m. San Francisco at N.Y. Jets, 1 p.m. Miami at Arizona, 4:05 p.m. Oakland at Denver, 4:05 p.m. Cincinnati at Jacksonville, 4:05 p.m. New Orleans at Green Bay, 4:25 p.m. Washington at Tampa Bay, 4:25 p.m. N.Y. Giants at Philadelphia, 8:20 p.m. Open: Indianapolis, Pittsburgh Monday, Oct. 1

Chicago at Dallas, 8:30 p.m.

# SOCCER

# MLS

# EASTEDN CONFEDENCE

EASTERN CONFERENCE												
	GP	W	L	T	GF	GΑ						
Kansas City	30	16	7	7	37	25	!					
Chicago	29	16	8	5	42	34	!					
New York	30	14	8	8	50	43	!					
D.C. United	30	15	10	5	47	39	!					
Houston	30	12	8	10	42	37	ě					
Columbus	30	13	11	6	36	37	ě					
Montreal	31	12	15	4	44	49	ě					
Philadelphia	28	8	14	6	29	33	- 3					
New England	30	7	15	8	37	41	- 2					
Toronto	30	5	18	7	34	55	- 2					
WESTERN CONF	WESTERN CONFERENCE											

WESTERN CONFERENCE											
	GP	W	L	T	GF	GA	P				
x-San Jose	30	18	6	6	62	36	60				
x-Los Angeles	30	15	11	4	54	42	49				
x-Real Salt Lake	30	15	11	4	40	34	49				
Seattle	29	13	7	9	45	31	48				
Vancouver	30	10	12	8	31	40	38				
Dallas	30	9	12	9	35	38	36				
Colorado	30	9	18	3	38	45	30				
Portland	30	7	15	8	31	51	29				
Chivas USA	29	7	15	7	21	45	28				
x — clinched playoff berth.											

Note: Three points for a win, one for a tie Sunday's results

Philadelphia 3 Houston 1 D.C. United 1 Chivas USA 0 Colorado 2 Vancouver 2 Saturday's results

Montreal O Kansas City O Los Angeles 4 Toronto 2 Chicago 2 Columbus 1 New York 1 New England 1 Real Salt Lake 2 Portland 1 San Jose 2 Seattle 1

Friday, Sept. 28 — All Times Eastern Chicago at Kansas City, 8:30 p.m. Saturday, Sept. 29
Toronto at New York, 7 p.m.
Philadelphia at Columbus, 7:30 p.m. New England at Houston, 8:30 p.m.

Seattle at Vancouver, 9 p.m. D.C. United at Portland, 10:30 p.m Real Salt Lake at Chivas USA, 10:30 p.m. Dallas at San Jose, 10:30 p.m. Sunday, Sept. 30

Los Angeles at Colorado, 7 p.m.

# **GALAXY 4. TFC 2**

SATURDAY NIGHT Toronto 1 1 -2 Los Angeles 3 1 -4 First Half

1. Los Angeles, Juninho 6, 11th minute 2. Los Angeles, Juninho 7 (Franklin), 33rd

3. Los Angeles, Keane 13 (Magee, Donovan), 36th 4. Toronto, Dunfield 3 (Silva), 38th Second Half 5. Toronto FC, Silva 5 (Avila), 86th

6. Los Angeles, Keane 14 (Donovan, Juninho), 90th+ Yellow Cards — Toronto: Johnson (30), O'Dea

(80), Morgan (85). Referee — Yader Reyes. Assistant Referees — Craig Lowry, George Gansner. Fourth Official — Jesus Cisneros.

Attendance - 27,000 at Carson, Calif.



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# **PLAY**

BY MICHAEL WIESENBERG

# T Aries

# March 21 - April 20

Keep things simple this week because if you lose focus you will get confused and make it easy for your rivals to get the better of you - and no way should they ever be better than you.

# **Taurus** April 21 - May 21

Ever had the feeling that you are repeating yourself? If you get it today you must stand back from what you are doing and try to remember when and where it occurred before. It could save you money.

# **∐** Gemini May 22 - June 21

Think carefully about what you are about to do and don't do it unless you are absolutely sure it is right and proper. The planets indicate you won't lose out by being a bit more cautious than

# **9** Cancer

June 22 - July 23

The most important thing now is that you are clear in your own mind about your feelings and motivations. Time spent thinking will not be time lost. On the contrary, it's an investment in your future success.

# $\Omega$ Leo July 24 - Aug. 23

It would be wise to compromise with loved ones and colleagues today, even if you honestly believe that you are right and they are wrong. They have the power to make life uncomfortable for you if they so choose.

# **W** Virgo Aug. 24 - Sept. 23

You have important things to do and you cannot afford to waste time on small talk or idle chatter. You may have to be blunt, even rude, with people who seem unable to raise their sights as high as your own.

# △ Libra

Sept. 24 - Oct. 23

You are the most important person in your life and must always put yourself first. That might sound selfish but until you take care of your own needs and desires you won't be able to take care of others.

# M Scorpio

Oct. 24 - Nov. 22

What you learn today will in some small but important way change how you look at the world. Just because different people have different ways of seeing does not mean that one is right and one is wrong.

# **プ Sagittarius** Nov. 23 - Dec. 21

Make peace with rivals and enemies. You have more important things to do with your time than waste it on petty feuds. The good news? Someone you meet on your travels could turn out to be your new best friend.

# **17** Capricorn

Dec. 22 - Jan. 20

Stop complaining that things never go right for you and take charge of your own destiny. If you look for the pattern behind your existence you will find it, and once you have found it you will find happiness

# Aquarius Jan. 21 - Feb. 19

You need to be a bit more active and assertive. You can, if you wish, sit back and let life come to you but at some point in the future you will look back and wish you had been more ambitious.

# H Pisces

Feb. 20 - March 20 Someone you usually get along with will say something critical today and if you are smart you will act on their comments. When a true friend gives you a warning you should take it as a wake-up

## Across

- 1, 747, 767, or 777
- 4. Cut grass
- 7. Dart here and there 11. Affirm confidently
- 13. Scotia
- 14. Greek Mediterranean island that was the centre of the Minoan civilization 15. noire: frightful
- thina 16. Couturier \_\_\_ Saint
- Laurent 17. Excessive hurry
- 18. Third-largest municipality in 25-Across (2 wds.)
- 20. He-man's antithesis 21. "Blueberry Hill" singer Domino
- 22. Animals, to hunters 23. One-armed bandits, for
- short 25. Canada's first province, alphabetically
- 28. Cognizant of one's surroundings
- 29. Battle wounds
- 30. Big \_\_\_\_: large truck 32. "My name is \_\_\_\_, James
- 33. Odin's mythology
- 34. Equine female 35. Before: poetic
- 36. Steams up
- 37. DSL need
- 38. 25-Across's northern member of the CFL
- 40. Bathroom floor worker 41. Wedding day exchan-
- ges (2 wds.) 42. "The Seven Deadly
- 43. Toy bear named for a US president

- 48. "En
- alert

- 55. A person's equal
- 56. Tidbit for an aardvark 57. Bear's hibernation

## Down

- 1. Boxina blow
- 3. Head: Fr.
- 4. Relocates
- 5 Done
- 6. Existed
- 8. Not more

- 12. Sundance Film Festi-
- val founder Robert

- 23. Said "#@\$&!!"

- 29. Individual perform-
- ances at a concert 31. Amethyst or tourma-
- 33. Leonard \_\_\_: Star

Sudoku

How to play

- 45. Vancouver CFL team (2 wds)
- !": fencer's
- 49. Apple covering
- 50. Tidy
- 52. Foreigner 53. Broadway award
- 54. Big truck

- 2. Any time

- 7. The longest river in BC
- 9. Teeny 10. Golf stand

- 13. Kremlin denials
- 14. Musical hells
- 19. Go out with
- 20. Bladed weapon
- 22. Drinking vessel
- 24. Country roads
- 25. 43,560-square-foot
- 26. Occupation
- 27. Broadcaster
- 28. "Honest President Lincoln
- line
  - 39. Margot Yellowknife-born Lois Lane

Trek's Spock portraver

34. Beer that had the

"I Am Canadian" ad

36. Word after debt or

quilt meaning "over-

37. BMW subcompact

model taken over from

campaign

whelmed by

Rover in 2000

portrayer in four Superman movies 40. Canadian actress and

younger sister actress Meg

- poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or
- 42. A bloodhound follows one 43. Dickens' A \_\_\_ of Two
- Cities 44. Great Lake
- the lookout for: watch for (2 wds.) 46. Require 47. Identical 48. "Mind the
- London Underground warning 49. School fund-raising
- 51. Frontier badge
- material



at metronews.ca/ answers.



See today's answers

atways changing, keeping for ir toes". **WEEKDAYS 5:30 AM** 



# Friday's Sudoku

Fill in the grid, so that every

every 3x3 box contains the

digits 1-9. There is no math

row, every column and

involved. You solve the puzzle with reasoning and

5	9	7	4	8	2	1	- 3	6
6	2	1	5	7	3	0	9	4
0	4	0	1	0	9	7	5	2
7.	5	6	9	2	1	4	8	3
9	1	8	3	4	7	6	2	6
4	3	2	8	5	6	9	7	1
1	6.	9	2	3	8	5	4	7
3	7	5	6	9	4	2	1	8
2	0	4	7	1	5	2	0	9

## 1 2 6 3 5 4 9 4 7 3 6 4 2 8 9 7 1 5 7 9 2 8 1 3 6 2 4

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TUESDAY





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